

## CONNECTING MEOTA October 4th, 2023

**This newsletter is meant to inspire, engage, and encourage everyone in the Meota Parish to seek God and reach out to one another throughout the week.**

**Our next church service will be  
Sunday October 8th , 10:30 am  
at St. George's or Christ Church Millarville  
and St. James invites you to join us  
at Christ Church or St George's this Sunday !**

**Livestream will not be available for the summer months. We are still evaluating this fall. Please enjoy our autumn weather and attend one of our lovely churches in the Meota parish. The stained glass windows at each church are beautiful. The services are upbeat and the fellowship is friendly. Please join us.**



IT'S THANKSGIVING!!!!

HAVE SOME FUN WITH THESE TABLE GRACES!!

Liven up mealtimes by learning some new ways to say grace at mealtimes. Here are some fun prayers for you to try with your children FROM FOCUS ON THE FAMILY

## Table graces for children

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(Recite with the same rhythm as the nursery rhyme, *Pop Goes the Weasel*. Shout or clap on the words "stop" and "go" if you wish.)

*Every day around this time,  
We gather at the table,  
But before we take a bite,  
We STOP and say thank you.  
Thanks to those who bought the food,  
Thanks to those who cooked it,  
Most of all we thank You, Lord,  
Now GO ahead and eat it!*

(Source: Focus on the Family Canada, 2013)

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(Based on the song, *If You're Happy and You Know It*)

*To say thank You for this food,  
We clap our hands (clap, clap).  
To say thank You for this food,  
We clap our hands (clap, clap).  
Yes we're thankful and we know it,  
And to You, Lord, now we show it,  
To say thank You for this food,  
We clap our hands (clap, clap).*

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(Sing this grace to the tune of *Sing a Rainbow*)

*Red and yellow and pink and green,  
Purple and orange and blue,  
For food all the colours,  
Of the rainbow,  
Oh Lord we thank you!  
Amen.*

(Source: Public domain)

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(Sing to the tune of *Heigh-Ho, Heigh-Ho* from the movie *Snow White*)

*We know,  
We know,  
From whom all blessings flow.  
We thank Him then,  
We say amen.  
We know, we know, we know.*

(Repeat and add an extra "we know" at the end.)

(Source: Public domain)

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(Sing this grace to the tune of  
*Frere Jacques/Are You Sleeping?*)

*Lord, we thank You,  
Lord, we thank You,  
For our food,  
For our food,  
And our many blessings,  
And our many blessings.  
Amen. Amen.*

(Source: Public domain)

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(Sing to the tune of *London Bridge*)

*God is great and God is good,  
God is good,  
God is good.  
Let us thank Him for this food,  
Alleluia!*



“

O God, we thank you for this earth, our home; For the wide sky and the blessed sun, for the salt sea and the running water, for the everlasting hills and the never-resting winds, for trees and the common grass underfoot. We thank you for our senses by which we hear the songs of birds, and see the splendor of the summer fields, and taste of the autumn fruits, and rejoice in the feel of the snow, and smell the breath of the spring. Grant us a heart wide open to all this beauty, and save our souls from being so blind that we pass unseeing when even the common thornbush is aflame with your glory. O God our creator, Who lives and reigns for ever and ever.”

**WALTER RAUSCHENBUSCH**

woman's day

## Upcoming events in our community:

Granary Road is hosting their annual **Pumpkin Chunkin event on October 14 and 15**. They have partnered with Okotoks' Optimist Club to raise funds for the Club. Contestants build their own catapult or trebuchet to launch pumpkins as far as they can. Also, they have games, music, pumpkin goodies and décor, and lots more fun for the whole family. Please bring a donation for the Food Bank. For more info, go to [granaryroad.com](http://granaryroad.com).

Back in town, the Griffiths Centre in Black Diamond invites you to join them on **Friday mornings for Coffee Cookie and Chat**. For \$2 you get coffee with free refills, a cookie, and good conversation with much laughter. You could also check out the many classes, programs, and events the Griffiths has to offer. The Centre was formed by Jack and Grace Griffiths who arrived from Wales in the 1930s and set up a restaurant and boarding house. Today it continues to be a hub of social gatherings. Check out their full schedule of events at [griffithscentre.ca](http://griffithscentre.ca). They are located at 122 Government Road.

With fall we have the return of the Foothills many concert series! Beneath the Arch presents **Blue Moon Marquee** on October 21 at 7:00. From Alberta, the Marquee will have your toes tapping with their fun swing, jazz, blues, and boogie. The show will be held at the Flare and Derrick in Turner Valley, for tickets, visit [beneaththearch.ca](http://beneaththearch.ca).

The Gift of Music Series in High River presents **Stephane Tetrault October 20 at 7:30**. Equally amazing on both cello and piano, this promises to be a very special evening. Get your tickets at [giftofmusic.com](http://giftofmusic.com).

And the Red Deer Lake United Church's On the Edge Series is pleased to present **Connie Kaldor on October 27 at 7:30**. Kaldor is a traditional folk artist with 45 years in the music business. The show is held in the beautiful United Church and tickets can be found at [rdluchurch.com](http://rdluchurch.com).



Connie Kaldor!!!

## Sunday, October 8<sup>th</sup>, 2023 Nineteenth Sunday after Pentecost

### Readings

EXODUS 20:1-4, 7-9, 12-20; PSALM 19; PHILIPPIANS 3:4B-14; MATTHEW 21:33-46

### THE TEN COMMANDMENTS

#### First Reading

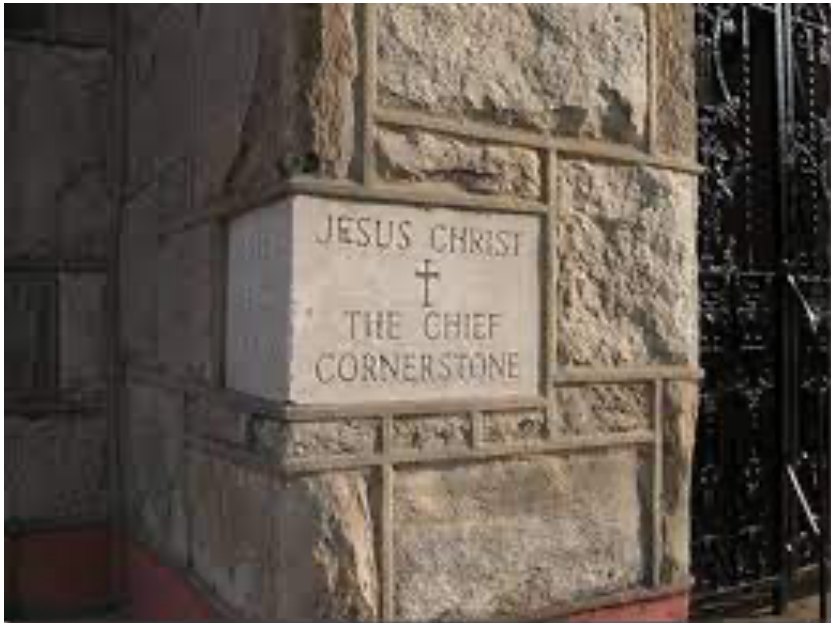
Then God spoke all these words: I am the Lord your God, who brought you out of the land of Egypt, out of the house of slavery; you shall have no other gods before me. You shall not make for yourself an idol, whether in the form of anything that is in heaven above, or that is on the earth beneath, or that is in the water under the earth. You shall not make wrongful use of the name of the Lord your God, for the Lord will not acquit anyone who misuses his name. Remember the sabbath day, and keep it holy. Six days you shall labour and do all your work. Honour your father and your mother, so that your days may be long in the land that the Lord your God is giving you. You shall not murder. You shall not commit adultery. You shall not steal. You shall not bear false witness against your neighbour. You shall not covet your neighbour's house; you shall not covet your neighbour's wife, or male or female slave, or ox, or donkey, or anything that belongs to neighbour. When all the people witnessed the thunder and lightning, the sound of the trumpet, and the mountain smoking, they were afraid and trembled and stood at a distance, and said to Moses, "You speak to us, and we will listen; but do not let God speak to us, or we will die." Moses said to the people, "Do not be afraid; for God has come only to test you and to put the fear of him upon you so that you do not sin."  
EXODUS 20:1-4, 7-9, 12-20



## Gospel

Jesus said, "Listen to another parable. There was a landowner who planted a vineyard, put a fence around it, dug a wine press in it, and built a watchtower. Then he leased it to tenants and went to another country. When the harvest time had come, he sent his slaves to the tenants to collect his produce. But the tenants seized his slaves and beat one, killed another, and stoned another. Again he sent other slaves, more than the first; and they treated them in the same way. Finally he sent his son to them, saying, **'They will respect my son.'** But when the tenants saw the son, they said to themselves, **'This is the heir; come, let us kill him and get his inheritance.'** So they seized him, threw him out of the vineyard, and killed him. Now when the owner of the vineyard comes, what will he do to those tenants?" They said to him, "He will put those wretches to a miserable death, and lease the vineyard to other tenants who will give him the produce at the harvest time." Jesus said to them, "Have you never read in the scriptures: **'The stone that the builders rejected has become the cornerstone; this was the Lord's doing, and it is amazing in our eyes'**? Therefore I tell you, the kingdom of God will be taken away from you and given to a people that produces the fruits of the kingdom. The one who falls on this stone will be broken to pieces; and it will crush anyone on whom it falls." When the chief priests and the Pharisees heard his parables, they realized that he was speaking about them. They wanted to arrest him, but they feared the crowds, because they regarded him as a prophet.

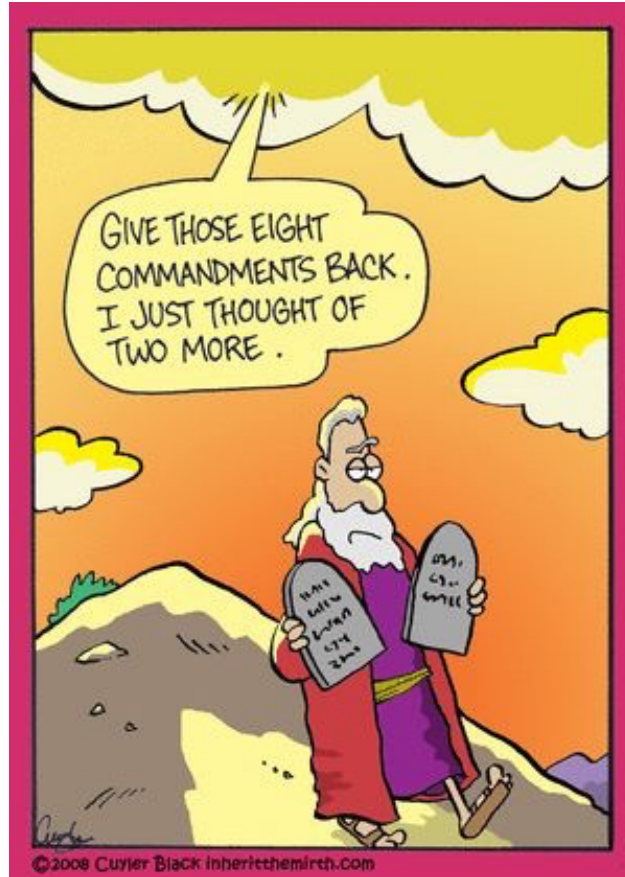
MATTHEW 21:33-46





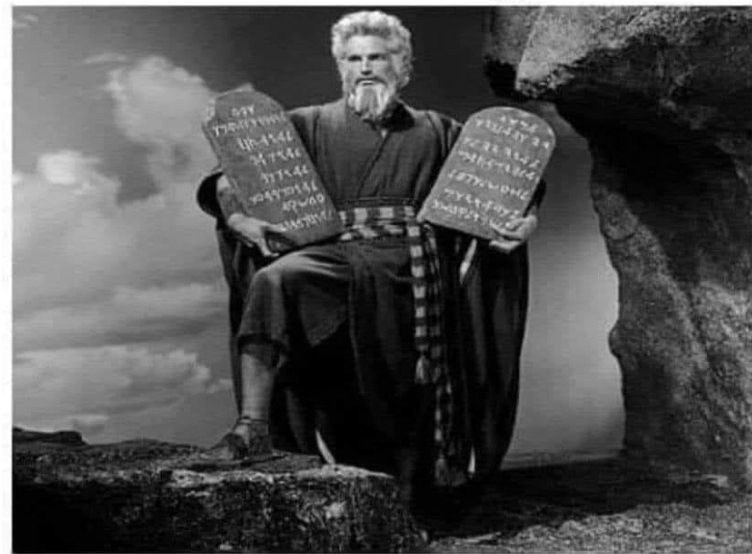
FUNNY BONES. I have been collecting these cartoons for just this moment!





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So technically Moses was the first man to download files from the cloud using a tablet.

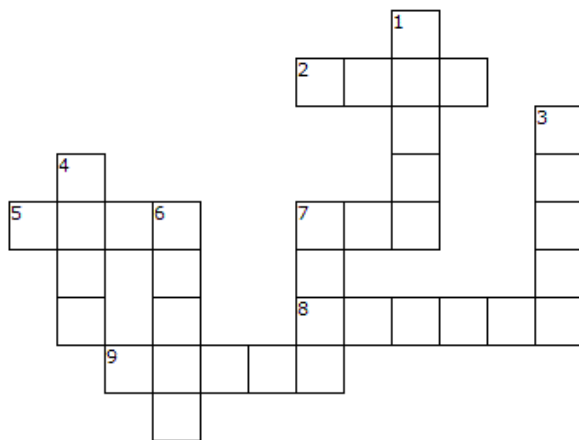


# The Ten Commandments

And God spoke all these words: "I am the LORD your God, who brought you out of Egypt, out of the land of slavery. "You shall have no other gods before me." Exodus 20:1-3



Based on Exodus 20:1-17 (NIV)



## ACROSS

2. You shall not make for yourself an \_\_\_\_\_. (a false god)
5. You shall have no other \_\_\_\_\_ before me.
7. You shall \_\_\_\_\_ commit adultery.
8. You shall not \_\_\_\_\_. (kill)
9. You shall not give \_\_\_\_\_ testimony against your neighbor. (untrue)

## DOWN

1. You shall not \_\_\_\_\_. (to want something that belongs to another)
3. \_\_\_\_\_ your father and your mother.
4. Remember the Sabbath day by keeping it \_\_\_\_\_.
6. You shall not \_\_\_\_\_. (to take what does not belong to you)
7. You shall not misuse the \_\_\_\_\_ of the LORD your God.

FALSE	IDOL	STEAL	HONOR	MURDER
NAME	COVET	HOLY	NOT	GODS

From another church but still very good all the same!

# A TEN COMMANDMENTS PRAYER

My Lord and God,

1. Help me keep you first in my life.
2. Help me speak only good things in your name.
3. Help me attend Mass each week.
4. Help me honor my parents.
5. Help me protect life.
6. Help me be faithful to those I love.
7. Help me be generous.
8. Help me speak the truth.
9. Help me celebrate the beauty of others.
10. Help me to want to share.

Amen.

GO IN PEACE TO LOVE AND SERVE THE LORD!



ALLELUIA!!!!